

# *Success at Youth Residential Service: Reasons For Use Package*

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Nexus Dual Diagnosis Consultation Service -

Originally presented at the 6<sup>th</sup> International Conference on Practice Based Research in Social Work: Participation, Co-creation and Service Users' Positions 7-9 June 2023 Aalborg Denmark.

Acknowledgment to Simon Kroes for his input to the presentation and research.



# Acknowledgement of Country

We acknowledge the Wurundjeri people the Traditional Owners of the land on which this project took place and the impacts of colonisation on their mental health and wellbeing.

# Nexus Dual Diagnosis Consultation Service

- ▶ Part of the Victorian Dual Diagnosis Initiative funded by Department of Health to provide workforce capacity building in dual diagnosis through a range of activities including:
  - consultation
  - Implementation
  - training
  - resource development Eg. CCA, RFUP
  - network support
  - research
- ▶ Nexus is not a direct clinical service provider

# Reasons For Use Package

A resource that facilitates therapeutic conversations with consumers to explore issues relating to the interaction between their mental health and alcohol and/or other drug use.

Designed by Simon Kroes and Kevan Myers.

# What is it

- A tool to assist integrated treatment
- Built to align with common health and welfare skills that workers already have.
- Provides a user friendly, practical framework and approach for applying these skills
- 26 item questionnaire plus options to consider



# The RFUP Research: a 10 yr Journey

- Implementing and gathering evidence in clinical and community mental health, AOD, housing etc, including a two state national comparison evaluation with Neami National (NN)
- Staff and Consumer data shows significant positive outcomes. This tool has saved lives!!!
- The NN Youth Residential Service has used RFUP for over 8 yrs and provided a good setting for a deeper dive into the experience of young people

# Neami National YRR Program

- State-funded community mental health accommodation programs
- Support 16–25 with mental health challenges
- Young people live at the service for up to 12 months
- This can include managing mental and physical health, alcohol and/or other drug issues,
- Relationship development, social connections, education, vocational training, recreation,
- Employment and housing, amongst other goals

# Research Articles

- Nexus have produced various articles to show the evidence base of the RFUP



# Conference Proceedings TheMHS 2016

**ISBN:** 978-0-9945702-1-5

**Abstract:** Paper from TheMHS Conference 2016 Book of Proceedings: *People. Authenticity Starts in the Heart*. The Conference was held in Auckland, New Zealand 23 - 26 August 2016.

Background: The Reasons for Use Package (RFUP) was designed by Nexus Dual Diagnosis Service, St Vincent's Hospital (Melbourne), to facilitate therapeutic conversations about dual diagnosis issues. It assists in collaborative treatment planning between staff and consumers. It includes the Reasons for Use scale, a menu of possible interventions and a staff mentoring process. Methods: From a 2012 Quality Improvement Pilot, Nexus, Neami National and Monash University have collaborated to build the evidence base. A national research comparison has taken place, with an intervention group of Neami National Victorian staff compared with a matched cohort in NSW. Groups were surveyed at 3 time points: baseline, training and mentoring. Consumers involved in the research were offered a feedback questionnaire, and further qualitative data was collected from focus groups. Results: Over 100 Neami National staff have participated, with findings that the RFUP resource significantly increased staff confidence and dual diagnosis knowledge.

# New Paradigm Article (2017/18)

## **The Reasons For Use Package: how mentoring aids implementation of dual diagnosis practice**



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Implementing a consumer-focussed dual diagnosis tool through a mentoring process creates sustainable practice culture that is reflective of the consumer experience.

# Lit Review 2018



Contents lists available at [ScienceDirect](#)

## Addictive Behaviors Reports

journal homepage: [www.elsevier.com/locate/abrep](http://www.elsevier.com/locate/abrep)



### Dual diagnosis competencies: A systematic review of staff training literature☆☆☆



Melissa Petrakis<sup>a,b,\*</sup>, Rebecca Robinson<sup>b,c</sup>, Kevan Myers<sup>d</sup>, Simon Kroes<sup>d</sup>, Sarah O'Connor<sup>c</sup>

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# Case Study/Consumer feedback: The Gum Story (2019)



Kroes et al., *Cogent Medicine* (2019), 6: 1630097  
<https://doi.org/10.1080/2331205X.2019.1630097>



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Udo Schumacher, University Medical Center Hamburg-Eppendorf, Hamburg Germany

Additional information is available at the end of the article

## PSYCHIATRY | CASE REPORT

### Dual diagnosis assessment: A case study implementing the reasons for use package to engage a marginalised service user

Simon Kroes<sup>1,5</sup>, Kevan Myers<sup>1,5</sup>, Sarah Officer<sup>3</sup>, Sarah O'Connor<sup>4</sup> and Melissa Petrakis<sup>2,5\*</sup>

**Abstract:** The objective of this research was to describe the use and utility of a dual diagnosis assessment scale and intervention strategies package for clinical and community mental health staff to better engage service users and explore reasons for use regarding dual diagnosis issues. A case study was developed, with the service user's consent, to be used to train others in use of the Reasons for Use Package (RFUP). Findings were that the RFUP can enable staff to better tune in to service users in terms of how they are managing symptoms, side effects, social situations, peer pressure, affect and ambivalence. The RFUP helped enable the service user to feel a sense of being listened to and respected with regard to their dual diagnosis experiences. Conclusions drawn were that service users can engage with dual diagnosis assessment more readily when workers use dual diagnosis tools and mentoring purpose-designed to enhance an understanding of motivations and reasons for use of substances.

# Two State Comparison Evaluation (2020)

Research Article

## Reasons for Use Package: Outcomes From a Case Comparison Evaluation

Kevan Myers<sup>1</sup>, Simon Kroes<sup>1</sup>, Sarah O'Connor<sup>2</sup>,  
and Melissa Petrakis<sup>3</sup> 

Research on Social Work Practice  
1-8

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### Abstract

The objective was to explore the efficacy of a dual diagnosis resource—the Reasons For Use Package (RFUP)—to build staff capacity to work with service users and explore service user experiences. A two-state case comparison evaluation was conducted employing a mixed methods action research design, utilizing staff and service user surveys combined with focus groups involving staff trained and mentored in use of the RFUP. Results were that both staff and service users responded positively to the RFUP. Staff self-reported improvements in knowledge and confidence, and service users reported the RFUP assisted them with reflecting on interactions between their mental health and substance use; this assisted them with goal planning and improved their working relationship with staff. Implications were that training and mentoring in the RFUP can contribute to building staff knowledge and confidence in dual diagnosis interventions in mental health community services, and benefit service users.

# YRR Co production Paper 2022

Coproduction in evaluating a dual diagnosis tool with youth in a residential mental health service

Simon Kroes, Kevan Myers, Grace McLoughlan, Sarah O'Connor, Erin Keily, Melissa Petrakis ▾

Advances in Dual Diagnosis

ISSN: 1757-0972

Article publication date: 29 December 2022

Permissions 

Issue publication date: 25 April 2023

DOWNLOADS



163

## Practical implications

The RFUP was a useful clinical tool with the young people in this pilot as it improved awareness of reasons for drug use and impact on mental health, service user to staff relationship, quality of the resource, mode of delivery and participant self-knowledge.

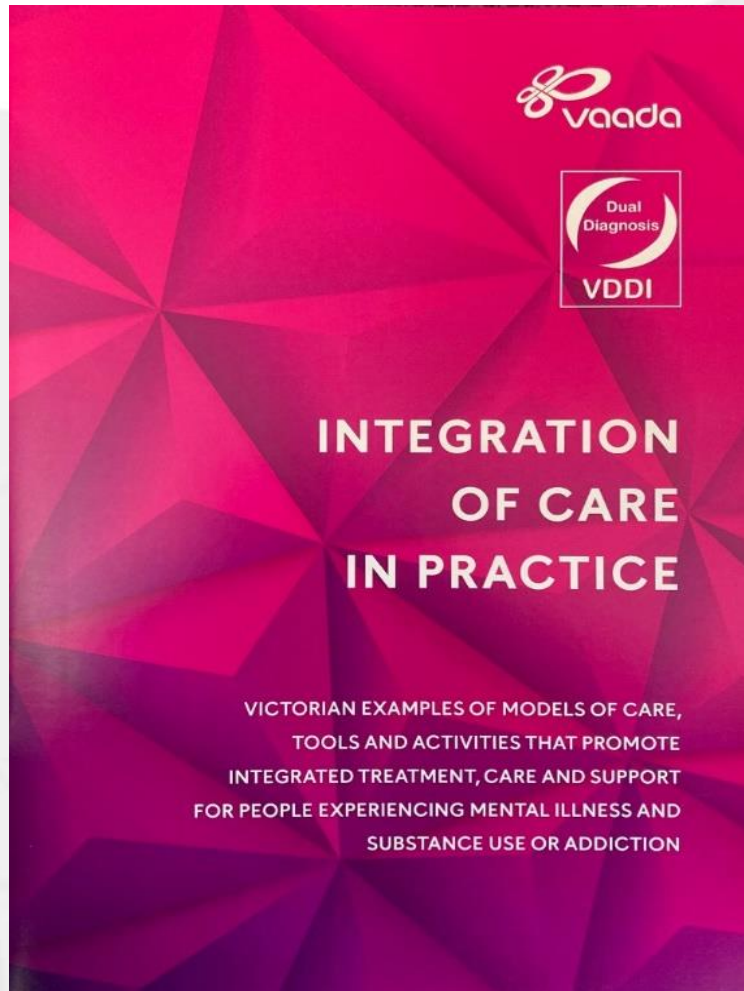
## Originality/value

Young people valued the supportive role that the RFUP played in facilitating positive relationships with their workers.



# VDDI/VAADA 2023

Tools discussed – RFUP, BDA, CCA



# Real World Research Findings

- User friendly and rapidly effective for consumers, staff and organisations
- Builds staff confidence in doing integrated work
- Improved awareness of reasons for use of drug and impact on mental health
- Assists exploration of dual diagnosis issues in a user friendly manner – integrated practice
- Builds rapport with service users



# Collaborative Research Team

Sarah O'Connor  
Research Unit  
Neami National

Aida Gogelyte  
Youth Residential  
Service Manager  
Neami National

Grace Mcloughlan &  
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Assoc/Professor  
Melissa Petrakis  
Monash

Simon Kroes and  
Kevan Myers Nexus  
Dual Diagnosis  
Consultation  
Service.

# Research Design & Process



Purposive sample



Semi structured interviews



Option of Lived Experience &/or Research Student Interviewer



Interviews were transcribed



Thematic Analysis



Writing up for publication

Additionally we captured data from research team about process & benefits of co-production

# Who we interviewed

Residents of a  
youth residential  
service

20-25 yrs

Female and Male

A range of severe  
and persistent  
mental health &  
substance use  
issues

Who had used the  
RFUP

# Major Themes

- Clarified their Reasons For Use, enhanced self awareness (which allows for treatment matching)
- Changed thinking in relation to their mental health & current use of substances (shift from pre contemplation to contemplation)
- Increased rapport with worker, built positive relationships (Therapeutic Alliance)

# Some quotes from young people

“Helped him  
[key worker]  
to help me”

It helped a bit with  
strategies, and...  
prompted me to find  
alternatives”

“I feel like knowing why,  
why I do [use  
substances] is going to  
be helpful, it’s going to  
help me to not use....”

“Just getting a better  
understanding of  
myself and my uses”

# This Publication

## Citation

Kroes, S., Myers, K., McLoughlan, G., O'Connor, S., Keily, E. and Petrakis, M. (2023), "Coproduction in evaluating a dual diagnosis tool with youth in a residential mental health service", *Advances in Dual Diagnosis*, Vol. 16 No. 2, pp. 92-106. <https://doi.org/10.1108/ADD-06-2022-0017>

<https://www.emerald.com/insight/content/doi/10.1108/ADD-06-2022-0017/full/html>

# Services that have used it?

- Since 2012 numerous and various services across Australia have used the RFUP:
  - Mental Health Support Services
  - Alcohol and other drugs services
  - Clinical Mental Health Services
  - Forensic MH
  - Housing Services
  - Community Health
  - Child protection
  - Others

# Conclusions

- User friendly
- Proven improved consumer and staff outcomes
- Tested in real world settings, numerous sites and workforces
- Implementable across numerous sites and workforces
- Helps build an effective workforce
- Aligns with RCVMHS
- RFUP vs treatment as usual?
- RFUP as a KPI?



# Implementation

- RFUP has been implemented with All Neami National, Wellways, Mind Australia & cohealth Youth Residential Services in Victoria
- Over 10 years use at St Vincent's Mental Health

# Thank you!



**Reasons  
For Use  
Package**

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**Nexus Website resources**

[www.svhm.org.au/our-services/](http://www.svhm.org.au/our-services/)

Departments-and-services/n/nexus/resources

[nexus@svha.org.au](mailto:nexus@svha.org.au) <https://reasonsforusepackage.com>